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Memo No. _____

Date ____/____/____

Do You Agree, or Disagree, that Workers should Have a Longer Weekend

The time of working plays an essential part in our life. Some people think they should have longer weekend, some people not. In my opinion, workers should have longer weekends.

First, having a longer weekend can greatly benefit mental health. Many workers feel stressed due to long working hours and limited rest. A shorter workweek would give people more time to relax, spend with family, or enjoy personal hobbies. For example, if workers had three-day weekends, they more refreshed when they return to work. This would lead to happier and healthier employees.

Second, a shorter week can increase productivity. When people know that they have less time to complete their task, they often work faster and stay focused. Some countries, like Iceland, have tested they



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four-day workweeks ~~are~~ and found that workers were just as productive or even more efficient. Employers benefit because workers achieve the same results while ~~resting is also important~~ feeling less stressed.

In summary, shorter workweek can be more efficient while feeling ~~less~~ relaxed and great mental health.